

This assessment is based on a now-expired version of the achievement standard and may not accurately reflect the content and practice of external assessments developed for 2025 onwards.

1

92011



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies 2024

92011 Demonstrate understanding of strategies that enhance hauora

Credits: Five

ASSESSMENT TASK

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of strategies that enhance hauora.	Explain strategies that enhance hauora.	Evaluate strategies that enhance hauora.

Refer to this document to respond to the tasks for Health Studies 92011.

Check that this document includes pages 2–3 in the correct order and that none of these pages is blank.

Do not use chatbots, generative AI, or other tools that can automatically generate content.

DO NOT TAKE THESE ASSESSMENT MATERIALS OUT OF THE ASSESSMENT ROOM.

TASK

Read the scenario on page three.

Select a topic from the list below.

Decide on **THREE** strategies to improve the hauora of the people in the scenario.

Use information from the scenario, as well as your own knowledge, to write a report explaining and evaluating the effectiveness of your **THREE** chosen strategies.

Selecting your topic

Select **ONE** of the following five health issues identified from the scenario on which to write your report:

1. Morgan feels that Bailey is controlling their relationship.
2. Their frequent take-away meals have raised concerns for Morgan about their eating habits.
3. Morgan is concerned that Bailey's eating habits and mental health are negatively affecting their relationship.
4. Morgan recognises that mental health can be affected by nutrition and body image, which could affect their relationship.
5. Bailey's frequent take-away meals may have long-term effects on hauora.

Structure of report

In your report:

- identify your chosen scenario health issue by writing it at the top of your report page.
- explain how you will plan and implement your chosen strategies (this should consider a combination of personal, interpersonal, and societal strategies)
- explain how your strategies could work together to effectively improve hauora
- reflect on how your chosen strategies might change the attitudes and values of those involved.

Format of report

Your submission must be in the form of a written report. You should aim to write no more than 800 words. Submit your report as a pdf.

SCENARIO

Bailey and Morgan are both 16 years old and in year 11 at school. They have been in a relationship for six months and both live at home with their families.

Morgan's parents are health enthusiasts; they both exercise regularly and make meals with plenty of fresh ingredients. If Morgan has been out with Bailey and eating takeaways, Morgan feels tired and does not want to eat family meals. Morgan is also trying to save money to buy a new phone, and the cost of regular takeaways is making saving difficult. The family would like Morgan to participate more with making meals and exercising with them to encourage good habits.

Bailey lives with Dad, who works long hours. Bailey's dad doesn't have much time for cooking. Because of this, they often eat takeaways as they are easy and convenient. Bailey only does the minimum needed for homework and scrapes by at school.

Lately, Morgan has started to feel 'controlled' in the relationship as they seem to do only what Bailey wants to do. For example, Bailey's friends love hanging out and eating at McDonald's after school as not only is the food cheap, but they have access to free WiFi. Bailey never asks for Morgan's opinion when making decisions about what they will do, and this annoys Morgan.

Bailey is a very social person and often suggests that they should catch up with friends. Bailey feels that Morgan is more than happy to do this, but has never actually asked Morgan where they should go and what they should eat.

Morgan is worried because the food they are eating always tends to be fried and salty, and lacks fresh fruit and vegetables. At school Morgan enjoys nutrition classes because there has been a lot of learning around how to improve all aspects of well-being. They have been learning that good nutrition is not only positive for physical well-being but for mental well-being as well.

After eating takeaways, Morgan often feels tired and lacks enthusiasm to play sport. Morgan worries that eating lots of takeaways will cause pimples, and often feels down about body image. Morgan wants to talk to Bailey about how many takeaways they have when they go out (which is around three days a week). Morgan does not want to have the relationship affected, so has not approached Bailey about this.

Bailey on the other hand doesn't worry about what is eaten. Bailey just eats to fill the hunger gap. Take-away foods are tasty, cheap, and easy to grab on the run.

Because Morgan is tired in the evening, homework takes a back seat and sleep is more important. Exercise also seems like too much effort. Morgan knows that all the take-away foods and the lack of exercise is probably contributing to negative feelings about body image.

